



Supraspinatus Tendonitis

The Supraspinatus is one of four muscles of the rotator cuff group. Its' tendon travels from the shoulder blade region to the top of the arm. It can easily be pinched (or impinged) along this path. Impingement leads to scarring and inflammation of the tendon (tendonitis) which further compromises the space through which the tendon is traveling.

Treatment will address the scarring and inflammation through rest and the use of modalities. The aggravating factors such as repetitive overhead movements, other improper motions of the arm, or posture will be addressed. Exercises will be given to correct any muscle imbalances which may be present, and to ensure the supraspinatus muscle is properly conditioned.

The therapeutic modalities commonly used include:

Ultrasound: uses sound waves and may be used to decrease scar tissue, increase blood flow, or decrease pain.

Interferential Current: uses electrical current to decrease pain, can also be used to elicit muscle contraction and decrease swelling.

Acupuncture: uses small, solid needles to encourage healing, reduce pain, and improve function of affected areas of the body.

What can you do at home?

Rest: by decreasing your activity you allow your body a chance to heal itself. When you start to feel better it is important to ease back into activities which might be aggravating. Listen to your body - pain means that you have done too much.

Ice: ice decreases the metabolism of your cells so that they do not die despite a decrease in oxygen to the injured area. Ice should be kept on for approximately 15 minutes, several times a day. The injured area should be elevated (above the level of your heart) at the same time. Use a wet towel between the ice and your skin to protect against frostbite. You can use frozen veggies, cold packs, or real ice.

